

ABSTRACT OF THE DISCLOSURE

A cable positioning assembly for a weight lifting exerciser includes an oval anti-impact member mounted to a cable which has one end thereof connected to the weights and the other end of the cable reeves through pulleys connected to the main frame of the weight lifting exerciser. The second end of the cable is connected to an end rod which is connected to a pulling handlebar. A passage is defined longitudinally through the anti-impact member and a flexible tube is securely engaged with the passage. The flexible tube includes two enlarged end flanges extending radially from two ends of the flexible tube and the two enlarged end flanges are engaged with two openings defined by the passage in the anti-impact member.